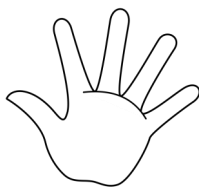


Healthy Schools Healthy Students



Give Me Five Breathing Exercise

Have students hold one hand in front of them. Next take the pointer finger of the other hand and start at the wrist of the hand held out and trace the entire hand. As the pointer finger moves up each finger take a deep breathe in and as it moves down each finger slow breathe out. Great activity to regroup and refocus!



Cafeteria Coaching and Sub-Grants

Cafeteria Coaching is a program developed by Northeast Iowa Food and Fitness Initiative that uses middle and high school students along with school nutrition staff to encourage kids to try new foods and eat nutritious school meals. The lunchroom is a hectic environment and children often need reminders to focus on their food, help with cutting up food and opening milk cartons, and general encouragement to try new foods. To learn more about the Cafeteria Coaching program join Laura Liechty from Iowa State University Extension and Outreach and Iowa Team Nutrition for a webinar on

Tuesday, January 26

from 3:30-4:15pm. All those that participate will the opportunity to apply for a \$250 sub-grant to implement the program in their school.



Welcome to 2016! I hope you enjoyed your time with family and friends during winter break and are recharged to kick off 2016 with a great start! With the cold temps coming I wanted to share an upcoming webinar about Active Indoor Recess (Jan. 13) and remind you of our Indoor Recess 101 resource.

Stay Warm and Be Well!
Carrie



Advertising & Marketing in Schools

One provision of the proposed School Wellness Policy rule focuses on policies for food and beverage marketing. Alaska developed an excellent resource that provides clarification of what these policies may look like at the local level. Following these practices will promote environments where students will make healthy lifestyle choices that can affect their lifelong wellness. Please [click here](#) for the resource.

| Do | Don't |
|---|---|
| Post and frequently rotate or update nutrition and health posters, signage, or displays in cafeteria and dining areas, classrooms, hallways, gymnasiums, and/or bulletin boards | Allow marketing and advertising for food and drinks (e.g. sugary drinks, candy) that do not meet the Smart Snacks standards during school hours |



Pavement Paintings

MFL Mar Mac high school art classes recently made recess a little more colorful for elementary students by painting 9 different designs on the recess area pavement that promote physical activity. Some of the ideas they came up with included a beanbag toss dart game, a rocket ship hopscotch, a snail with numbers on it, a caterpillar with the alphabet, a



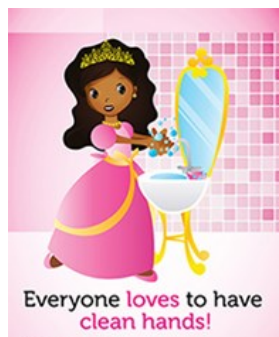
finish line for small cars to be driven on, a jump line and foursquare. For additional ideas, check out the [No to Low Cost Ways to Promote Physical Activity](#) card set (starting on page 11).

Handwashing Reminders

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and running water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Centers for Disease Control (CDC) has [collection of handwashing posters](#) that can be downloaded and printed to serve as handwashing reminders to students, staff, and parents.

Glitter Germ Activity - For All Ages!

Put a small amount of hand lotion in each student's hands. Have them rub it all over their hands. Sprinkle a small amount of glitter (germs) into their hands. Have them rub their hands to spread the glitter evenly. First have them try to wipe the glitter off with a dry paper towel. Next, have them try to get the glitter off with plain cold water. Finally, have them use warm water and soap. Explain that if you wash your hands after coughing or sneezing into them, the germs will be washed away and there will be less of a chance for people to get sick.



Toasty Oat Granola Recipe from the Midwest Dairy Council

Ingredients:

- 2 ¼ cups uncooked old fashioned oatmeal
- 1 teaspoon cinnamon
- 5 teaspoons of brown sugar
- ¼ cup 100% frozen apple juice concentrate, thawed
- 1 tablespoon vegetable oil
- ½ cup raisins or dried cranberries

Directions:

1. Preheat oven to 350 degrees.
2. In a large bowl, mix apple juice concentrate, brown sugar, vegetable oil, and cinnamon. Stir in oatmeal and almonds.
3. Line large baking pan with tin foil. Spread mixture onto pan. Bake for 15-20 minutes. Stir at least twice during baking time. Granola should be light brown. Cool mixture in the pan. Add raisins.

To serve, pour 1 cup of low-fat milk over ½ cup granola or add as a topping to low-fat yogurt.



For more information contact Jen Ransom at jransom@midwestdairy.com or Erin Thole at ethole@midwestdairy.com

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- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

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